

If someone needs urgent help...

- They can contact the **Samaritans** either by their 24 hour free and confidential helpline on **116 123**, by email jo@samaritans.org or visit their website at www.samaritans.org
- They can contact their GP and explain that they require an urgent appointment.
- If they have a key worker, they should contact them directly, or call 01481 220000.
- **If you are concerned someone might harm themselves or someone else, contact A&E on 01481 220000 or the emergency services on 999.**

Doctors' surgeries



Rohais, St Martin, Cobo and the High Street surgery (in Boots Chemist)
Tel: 01481 723322 Email: admin@healthcare.gg



L'Aumone **Tel: 01481 256517**
St Sampson's **Tel: 01481 245915**
Town **Tel: 01481 724747**
Email: enquiries@health.gg



The Grange, Longfrie
Tel: 01481 724184
Email: admin@eqrmp.com

Online support

There is so much support available online, it can be difficult to know where to start. Links to useful sites and apps can be found at www.guernseymind.org.gg/support-for-you/online-support



Guernsey Mind is a mental health charity. Our aim is to encourage positive attitudes towards mental health and help to support mental wellbeing in the Bailiwick.

What we do

Training

- Mental Health Awareness and Manager training
- Workplace Partnership
- Listening Skills
- Mental Health First Aid
- Suicide First Aid

Support

- One-to-one sessions
- Supported Self Help
- Support groups - peer support etc
- Signposting service

Awareness

- Community events throughout the year to promote mental health awareness
- Hope Singers
- Media and Social Media campaigns

Contact us on 01481 722959

Email: info@guernseymind.org.gg
Website: www.guernseymind.org.gg



Finding support

There are a large number of local organisations and charities that provide support and guidance. The following list gives details of some of these that you can contact directly. Further details can also be found on our website at www.guernseymind.org/gg/support-for-you

AA

For help with a drinking problem.
www.aaguernsey.info
07781 151682

Action For Children

Support for young people under 25 years old experiencing homelessness or substance misuse.
www.actionforchildren.org.uk
44 800 538 5222

At Home in Guernsey

Supporting people who are homeless or at risk of becoming homeless.
www.athome.gg

Autism Guernsey

Providing support and signposting for people and families affected by autism.
www.autismguernsey.org/gg
01481 232879

Citizens' Advice Guernsey

Free, friendly, and confidential support.
citizensadvice.org.gg
01481 242266

Guernsey Bereavement Service

Support for those who have been bereaved.
www.guernseybereavement.service.com
01481 257778

Guernsey Suicide Awareness Group

Support for anyone whose life has been affected by suicide.
www.guernseysuicideawareness.com

Guernsey Welfare

Support for people who find themselves in financial need.
www.guernseywelfare.com
07839 724300

Guernsey Voluntary Service

Making a difference in the health and wellbeing of Islanders into old age.
www.gvs.org/gg
01481 247518.

Health Connections –

Enabling people to be connected to and live a happier, healthier and more fulfilling life.
www.healthconnections.gg
01481 227470

Healthy Minds

Short-term interventions and guidance on self-help coping strategies for adults with anxiety and depression.
www.gov.gg/healthyminds

Liberate

Established to inform and support LGBTQ communities across the Channel Islands.
www.liberate.gg

Man Club

A safe and private space for emotional support.
www.man-club.org

Men's Shed Guernsey

Encouraging men to socialise, make and do things together to enhance their sense of purpose and wellbeing.
<https://www.sheds.gg>

Relate

Helping couples and single people build stronger relationships regardless of their sexuality, marital status, or gender.
www.relate.org/gg

Samaritans

Free and confidential 24 hour support
www.samaritans.org
116 123

Safer / Refuge

Supports and empowers against domestic abuse.
www.safer.gg
01481 721999

Victoria Hospital Incorporated

Provides funds to meet medical, medically-related or other costs in order to assist individuals or families affected by medical conditions.
www.vhi.org/gg
07781 126231

